



# BYDGOSKI BIEG URODZINOWY

B4SPORT

**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Miasto Bydgoszcz  
2023-04-23  
Bydgoszcz  
5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M20

| Msc | Zawodnik               | Numer | Klub                                 | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|--------------------------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 1   | TULEJA Jakub           | 915   |                                      | M20       | 1    | 00:00:02    | 00:15:13.10    | 00:15:15.65     |                   | 3:02         | 19.7 (100%)  |
| 2   | FELCZAK Jakub          | 334   | CWZS ZAWISZA BYDGOSZCZ               | M20       | 2    | 00:00:02    | 00:16:36.30    | 00:16:38.70     | +00:01:23 (8.4%)  | 3:19         | 18.1 (91.9%) |
| 3   | RUDNIK Damian          | 155   | TEAM RUDNIK                          | M20       | 3    | 00:00:02    | 00:17:07.35    | 00:17:10.00     | +00:01:54 (11.1%) | 3:25         | 17.5 (88.8%) |
| 4   | JANUSZEWSKI Radosław   | 175   |                                      | M20       | 4    | 00:00:12    | 00:19:25.75    | 00:19:38.10     | +00:04:12 (21.7%) | 3:53         | 15.5 (78.7%) |
| 5   | ONDRA Karol            | 514   |                                      | M20       | 5    | 00:00:00    | 00:20:01.90    | 00:20:01.90     | +00:04:48 (24.0%) | 4:00         | 15 (76.1%)   |
| 6   | TOKARSKI Paweł         | 681   |                                      | M20       | 6    | 00:00:08    | 00:20:04.70    | 00:20:13.05     | +00:04:51 (24.2%) | 4:00         | 15 (76.1%)   |
| 7   | SZALA Wojciech         | 994   |                                      | M20       | 7    | 00:00:02    | 00:20:06.50    | 00:20:08.75     | +00:04:53 (24.3%) | 4:01         | 14.9 (75.6%) |
| 8   | DOMISIEWICZ Michał     | 1157  |                                      | M20       | 8    | 00:00:00    | 00:20:13.05    | 00:20:13.05     | +00:04:59 (24.7%) | 4:02         | 14.8 (75.1%) |
| 9   | MENDEL Patryk          | 61    | TM IRON TEAM                         | M20       | 9    | 00:00:03    | 00:20:32.35    | 00:20:35.50     | +00:05:19 (25.9%) | 4:06         | 14.6 (74.1%) |
| 10  | LEWANDOWSKI Piotr      | 385   | STREET WORKOUT ACADEMY TERMINATOR    | M20       | 10   | 00:00:03    | 00:20:36.30    | 00:20:39.85     | +00:05:23 (26.1%) | 4:07         | 14.6 (74.1%) |
| 11  | BEJFUS Mateusz         | 493   |                                      | M20       | 11   | 00:00:08    | 00:20:43.55    | 00:20:52.00     | +00:05:30 (26.6%) | 4:08         | 14.5 (73.6%) |
| 12  | KRZEWIŃSKI Radek       | 96    |                                      | M20       | 12   | 00:00:04    | 00:20:55.35    | 00:20:59.60     | +00:05:42 (27.3%) | 4:11         | 14.3 (72.6%) |
| 13  | MAZUR Łukasz           | 218   |                                      | M20       | 13   | 00:00:11    | 00:21:06.75    | 00:21:18.45     | +00:05:53 (27.9%) | 4:13         | 14.2 (72.1%) |
| 14  | STRUGAŁA Maciej        | 77    |                                      | M20       | 14   | 00:00:03    | 00:21:08.75    | 00:21:12.00     | +00:05:55 (28.0%) | 4:13         | 14.2 (72.1%) |
| 15  | NOWAKOWSKI Radosław    | 793   |                                      | M20       | 15   | 00:00:14    | 00:21:51.35    | 00:22:06.00     | +00:06:38 (30.4%) | 4:22         | 13.7 (69.5%) |
| 16  | PIERZGALSKI Damian     | 238   | KABEL TEAM BYDGOSZCZ                 | M20       | 16   | 00:00:22    | 00:22:22.80    | 00:22:44.95     | +00:07:09 (32.0%) | 4:28         | 13.4 (68.0%) |
| 17  | WIECZOREK Michał       | 1124  |                                      | M20       | 17   | 00:00:21    | 00:22:30.40    | 00:22:51.80     | +00:07:17 (32.4%) | 4:30         | 13.3 (67.5%) |
| 18  | GRZYWIŃSKI Dawid       | 976   |                                      | M20       | 18   | 00:00:07    | 00:22:35.20    | 00:22:43.15     | +00:07:22 (32.6%) | 4:31         | 13.3 (67.5%) |
| 19  | PUDO Wojciech          | 1011  |                                      | M20       | 19   | 00:00:06    | 00:22:48.20    | 00:22:55.15     | +00:07:35 (33.3%) | 4:33         | 13.2 (67.0%) |
| 20  | BASA Mikołaj           | 1039  |                                      | M20       | 20   | 00:00:46    | 00:23:27.30    | 00:24:13.50     | +00:08:14 (35.1%) | 4:41         | 12.8 (65.0%) |
| 21  | PALIGA Mateusz         | 521   | RUN TEAM SĘPÓLNO KRAJEŃSKIE          | M20       | 21   | 00:00:04    | 00:23:34.25    | 00:23:38.30     | +00:08:21 (35.4%) | 4:42         | 12.7 (64.5%) |
| 22  | WIERZCHOSŁAWSKI Tomasz | 113   |                                      | M20       | 22   | 00:00:17    | 00:23:34.65    | 00:23:52.15     | +00:08:21 (35.5%) | 4:42         | 12.7 (64.5%) |
| 23  | BONDARCZYK Filip       | 740   |                                      | M20       | 23   | 00:00:39    | 00:23:36.85    | 00:24:16.05     | +00:08:23 (35.6%) | 4:43         | 12.7 (64.5%) |
| 24  | ŻEGLICZ Marek          | 405   | SPÓJNIA BIAŁE BŁOTA (#SPORTOWYKOCUR) | M20       | 24   | 00:00:05    | 00:23:44.60    | 00:23:50.00     | +00:08:31 (35.9%) | 4:44         | 12.6 (64.0%) |
| 25  | KITOWSKI Hubert        | 303   |                                      | M20       | 25   | 00:00:15    | 00:23:52.00    | 00:24:07.25     | +00:08:38 (36.2%) | 4:46         | 12.6 (64.0%) |
| 26  | SZMYT Patryk           | 443   | CSAIU                                | M20       | 26   | 00:00:08    | 00:24:02.70    | 00:24:11.30     | +00:08:49 (36.7%) | 4:48         | 12.5 (63.5%) |
| 27  | FIRYN Piotr            | 745   |                                      | M20       | 27   | 00:01:02    | 00:24:15.45    | 00:25:18.15     | +00:09:02 (37.3%) | 4:51         | 12.4 (62.9%) |
| 28  | KOZŁOWSKI Rafał        | 1034  |                                      | M20       | 28   | 00:00:32    | 00:24:19.00    | 00:24:51.25     | +00:09:05 (37.4%) | 4:51         | 12.3 (62.4%) |
| 29  | KRETOWICZ Piotr        | 352   | AKADEMIA LISKA                       | M20       | 29   | 00:01:36    | 00:24:32.70    | 00:26:09.40     | +00:09:19 (38.0%) | 4:54         | 12.2 (61.9%) |
| 30  | ODYA Hubert            | 892   |                                      | M20       | 30   | 00:02:08    | 00:24:36.60    | 00:26:45.05     | +00:09:23 (38.2%) | 4:55         | 12.2 (61.9%) |

| Msc | Zawodnik             | Numer | Klub                   | Kategoria | Mkat | Czas startu | Czas netto<br>5km | Czas brutto<br>5km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------|-------|------------------------|-----------|------|-------------|-------------------|--------------------|-------------------|-----------------|---------------|
| 31  | TWARDOWSKI Krzysztof | 25    |                        | M20       | 31   | 00:01:13    | 00:24:38.65       | 00:25:52.05        | +00:09:25 (38.2%) | 4:55            | 12.2 (61.9%)  |
| 32  | JANYSKA Adam         | 528   | UKS KOPERNIK BYDGOSZCZ | M20       | 32   | 00:00:13    | 00:24:43.10       | 00:24:56.70        | +00:09:30 (38.4%) | 4:56            | 12.1 (61.4%)  |
| 33  | KAŻMIERCZAK Sławek   | 488   |                        | M20       | 33   | 00:00:32    | 00:24:58.15       | 00:25:30.70        | +00:09:45 (39.1%) | 4:59            | 12 (60.9%)    |
| 34  | ŻABIŃSKI Remigiusz   | 868   | BUDSTOL INVEST         | M20       | 34   | 00:01:01    | 00:24:58.50       | 00:25:59.75        | +00:09:45 (39.1%) | 4:59            | 12 (60.9%)    |
| 35  | TKACZYK Szymon       | 308   |                        | M20       | 35   | 00:00:15    | 00:25:06.05       | 00:25:21.70        | +00:09:52 (39.4%) | 5:01            | 12 (60.9%)    |
| 36  | DONARSKI Karol       | 730   |                        | M20       | 36   | 00:00:49    | 00:25:16.70       | 00:26:06.40        | +00:10:03 (39.8%) | 5:03            | 11.9 (60.4%)  |
| 37  | BIEGAŃSKI Andrzej    | 832   |                        | M20       | 37   | 00:00:21    | 00:25:45.95       | 00:26:07.00        | +00:10:32 (40.9%) | 5:09            | 11.7 (59.4%)  |
| 38  | KŁONOWSKI Kacper     | 362   |                        | M20       | 38   | 00:01:45    | 00:26:46.40       | 00:28:32.00        | +00:11:33 (43.2%) | 5:21            | 11.2 (56.9%)  |
| 39  | KRZYŚKÓW Mateusz     | 1156  | ZIELONY PELIKAN        | M20       | 39   | 00:01:42    | 00:26:49.90       | 00:28:32.40        | +00:11:36 (43.3%) | 5:21            | 11.2 (56.9%)  |
| 40  | APPEL Oskar          | 56    |                        | M20       | 40   | 00:02:42    | 00:26:54.05       | 00:29:36.35        | +00:11:40 (43.4%) | 5:22            | 11.2 (56.9%)  |
| 41  | WALCZAK Szymon       | 1133  |                        | M20       | 41   | 00:00:20    | 00:27:40.10       | 00:28:00.25        | +00:12:27 (45.0%) | 5:32            | 10.8 (54.8%)  |
| 42  | KILAN Kacper         | 589   | SPOGLO                 | M20       | 42   | 00:02:09    | 00:27:42.55       | 00:29:51.55        | +00:12:29 (45.1%) | 5:32            | 10.8 (54.8%)  |
| 43  | GRACZYK Dawid        | 1006  |                        | M20       | 43   | 00:01:38    | 00:28:02.55       | 00:29:41.05        | +00:12:49 (45.7%) | 5:36            | 10.7 (54.3%)  |
| 44  | DROBCZYŃSKI Wojciech | 1126  |                        | M20       | 44   | 00:02:48    | 00:28:16.60       | 00:31:05.10        | +00:13:03 (46.2%) | 5:39            | 10.6 (53.8%)  |
| 45  | SZARUGA Paweł        | 674   |                        | M20       | 45   | 00:01:32    | 00:28:29.80       | 00:30:02.30        | +00:13:16 (46.6%) | 5:41            | 10.5 (53.3%)  |
| 46  | CHYŁKA Mikołaj       | 996   |                        | M20       | 46   | 00:00:48    | 00:29:02.30       | 00:29:51.10        | +00:13:49 (47.6%) | 5:48            | 10.3 (52.3%)  |
| 47  | KAZUBOWSKI Jeremiasz | 221   | KAZUBKI TEAM           | M20       | 47   | 00:00:14    | 00:29:05.25       | 00:29:19.40        | +00:13:52 (47.7%) | 5:49            | 10.3 (52.3%)  |
| 48  | BYCZKOWSKI Michał    | 461   |                        | M20       | 48   | 00:01:56    | 00:29:16.00       | 00:31:12.70        | +00:14:02 (48.0%) | 5:51            | 10.3 (52.3%)  |
| 49  | PIĄTKOWSKI Patryk    | 78    |                        | M20       | 49   | 00:00:29    | 00:30:01.05       | 00:30:30.55        | +00:14:47 (49.3%) | 6:00            | 10 (50.8%)    |
| 50  | WIŚNIEWSKI Adrian    | 1078  |                        | M20       | 50   | 00:00:46    | 00:30:23.85       | 00:31:10.45        | +00:15:10 (49.9%) | 6:04            | 9.9 (50.3%)   |
| 51  | GŁOWACKI Kamil       | 930   |                        | M20       | 51   | 00:01:37    | 00:30:30.80       | 00:32:08.00        | +00:15:17 (50.1%) | 6:06            | 9.8 (49.7%)   |
| 52  | KACZMAREK Igor       | 788   |                        | M20       | 52   | 00:00:17    | 00:30:52.55       | 00:31:09.70        | +00:15:39 (50.7%) | 6:10            | 9.7 (49.2%)   |
| 53  | MOLENDĄ Piotr        | 335   |                        | M20       | 53   | 00:00:00    | 00:30:56.00       | 00:30:56.00        | +00:15:42 (50.8%) | 6:11            | 9.7 (49.2%)   |
| 54  | WIŚNIEWSKI Adam      | 877   |                        | M20       | 54   | 00:00:39    | 00:31:02.85       | 00:31:42.00        | +00:15:49 (51.0%) | 6:12            | 9.7 (49.2%)   |
| 55  | KISIEL Michał        | 725   |                        | M20       | 55   | 00:01:48    | 00:31:14.60       | 00:33:03.40        | +00:16:01 (51.3%) | 6:14            | 9.6 (48.7%)   |
| 56  | KUBSKI Michał        | 1137  | DRUŻYNA JOBA           | M20       | 56   | 00:00:20    | 00:31:17.55       | 00:31:37.70        | +00:16:04 (51.4%) | 6:15            | 9.6 (48.7%)   |
| 57  | DALKIEWICZ Igor      | 295   |                        | M20       | 57   | 00:02:28    | 00:31:18.45       | 00:33:46.45        | +00:16:05 (51.4%) | 6:15            | 9.6 (48.7%)   |
| 58  | NOWAK Janek          | 27    |                        | M20       | 58   | 00:02:42    | 00:32:03.80       | 00:34:46.35        | +00:16:50 (52.5%) | 6:24            | 9.4 (47.7%)   |
| 59  | CZAJKOWSKI Kamil     | 678   |                        | M20       | 59   | 00:02:30    | 00:33:04.65       | 00:35:35.35        | +00:17:51 (54.0%) | 6:36            | 9.1 (46.2%)   |
| 60  | KOSTKOWSKI Michał    | 1147  |                        | M20       | 60   | 00:02:36    | 00:33:16.20       | 00:35:52.45        | +00:18:03 (54.3%) | 6:39            | 9 (45.7%)     |
| 61  | MURAWSKI Marcin      | 500   |                        | M20       | 61   | 00:01:06    | 00:34:28.95       | 00:35:35.75        | +00:19:15 (55.9%) | 6:53            | 8.7 (44.2%)   |
| 62  | APTOWICZ Damian      | 539   |                        | M20       | 62   | 00:01:52    | 00:36:28.90       | 00:38:21.15        | +00:21:15 (58.3%) | 7:17            | 8.2 (41.6%)   |
| 63  | KOLCZYŃSKI Dawid     | 1044  |                        | M20       | 63   | 00:03:11    | 00:38:30.70       | 00:41:41.75        | +00:23:17 (60.5%) | 7:42            | 7.8 (39.6%)   |
| 64  | MALISZEWSKI Mateusz  | 1118  |                        | M20       | 64   | 00:02:38    | 00:38:40.30       | 00:41:18.30        | +00:23:27 (60.6%) | 7:44            | 7.8 (39.6%)   |
| 65  | DUDZIŃSKI Adrian     | 306   |                        | M20       | 65   | 00:02:47    | 00:41:11.80       | 00:43:59.40        | +00:25:58 (63.1%) | 8:14            | 7.3 (37.1%)   |

Znaleziono 65 wynik(ów)